SHARP

МИКРОВОЛНОВАЯ ПЕЧЬ

Z

МОДЕЛЬ R-2371K

Руководство по эксплуатации

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ИНФОРМАЦИЯ О СЕРТИФИКАЦИИ ПРОДУКЦИИ

МИКРОВОЛНОВАЯ ПЕЧЬ
МОДЕЛЬ R-2371K ШАРП
сертифицирована органом по сертификации бытовой
электротехники “ТЕСТБЭТ“
(Регистрационный номер в Госреестре – РОСС RU.0001.11ME10)

МОДЕЛЬ R-2371K ШАРП соответствует требованиям нормативных документов:	По безопасности – ГОСТ Р МЭК 335-2-25-97 По ЭМС – ГОСТ Р 51318.11-99 ГОСТ 51318.14.1-99 ГОСТ 51318.14.2-99 ГОСТ Р 51317.3.2-99 ГОСТ Р 51317.3.3-99

Во исполнение Статьи 5 Закона Российской Федерации «О защите прав потребителей», а также Указа Правительства Российской Федерации № 720 от 16 июня 1997 г. устанавливается срок службы данной модели-7 лет с момента производства при условии использования в строгом соответствии с инструкцией по эксплуатации и применяемыми техническими стандартами.

Страна-изготовитель: Произведено в Таиланде

Фирма-изготовитель: ШАРП Корпорейшн

Юридический адрес изготовителя:

22-22 Нагайке-чо, Абено-ку, Осака 545-8522, Япония

SHARP

ГАРАНТИЙНЫЙ ТАЛОН НА ИЗДЕЛИЕ SHARP

Уважаемый покупатель!

Выражаем Вам признательность за выбор изделия SHARP.

В течение гарантийного срока, начинающегося с даты покупки изделия первым покупателем, гарантия на изделие SHARP предоставляется в отношении любых дефектов, произошедших по вине производителя.

Настоящая гарантия действительна в течение 12 (двенадцати) месяцев (36 (тридцати шести) месяцев на ЖК телевизоры; 36 (тридцати шести) месяцев на компрессоры для холодильников; 24 (двадцати четырех) месяцев на магнетроны для СВЧ печей;) с даты покупки изделия первым покупателем при соблюдении условий, перечисленных ниже, если рекомендованные режимы эксплуатации изделия, изложенные в инструкции по эксплуатации, полностью соблюдены.

Если Ваше изделие SHARP нуждается в гарантийном обслуживании, обращайтесь в один из Специализированных Сервисных Центров, информация о которых приведена на внутренней стороне талона. Настоящая гарантия предусматривает замену дефектных узлов и деталей и выполнение ремонтных работ бесплатно.

Гарантия действительна на территории Российской Федерации при соблюдении следующих условий:

1. Данное изделие должно быть куплено на территории Российской Федерации.
2. Данное изделие должно быть использовано в соответствии с инструкцией по эксплуатации (прилагается к изделию). В случае нарушения правил хранения, транспортировки, установки и эксплуатации, изложенных в инструкции по эксплуатации, гарантия недействительна.
3. Гарантия действительна только при наличии четко, правильно и полностью заполненного настоящего гарантийного талона (с подписью и печатью Продавца). Без предъявления данного талона, в случае отсутствия в нем полной информации или при наличии каких-либо изменений в талоне, претензии к качеству изделия не принимаются, и гарантийный ремонт не производится.
4. Гарантия недействительна:
   а) если изделие имеет механические повреждения
   б) если изделие ремонтировалось, или в нем произведены изменения не в авторизованном сервисном центре
   в) если использовались ненадлежащие расходные материалы или запасные части
   г) если неисправность вызвана попаданием внутрь изделия посторонних предметов, веществ, жидкостей, насекомых и т.п.
   д) если неисправность вызвана стихийными бедствиями, пожаром, бытовыми и другими факторами, независящими от SHARP
   е) если повреждения вызваны несоответствием параметров источников питания и связи соответствующим государственным стандартам
   ж) в случае любых изменений в установке, настройке и/или программировании.
   з) в случае внесения несанкционированных изменений в гарантийный талон (поправок и исправлений)
   и) если серийный номер или номер модели на изделии изменен, удален, стерт или неразборчивый
5. Гарантия не распространяется на расходные материалы, например: картриджи, лампы, программное обеспечение, фильтры, батареи и т. п. в соответствии с указаниями инструкции по эксплуатации.
6. Гарантия не предусматривает чистку изделия, плановое техническое обслуживание и замену расходных материалов и запчастей, пришедших в негодность ввиду нормального износа и / или ограниченного срока службы.
7. Настоящая гарантия распространяется на официально поставляемые изделия, приобретенные для личного использования, не связанного с извлечением прибыли.
8. Настоящая гарантия применяется дополнительно к обязательным гарантиям, предоставляемым покупателям законом.

Внимание!

Настоящая гарантия осуществляется только при наличии правильно заполненного гарантийного талона и оригинала товарного чека с указанием даты продажи.

Список авторизованных сервис-центров может быть изменен без предварительного уведомления.

SHARP ELECTRONICS (EUROPE) GMBH

Авторизованные сервисные центры

Город	Название	Адрес	Телефон
Москва	КДС-Технический центр	123290, Шелепихинская наб., 18	(095) 797-34-34
Москва	Алина-Видеопроф-Сервис	115470, Нагатинская наб., 40/1, стр. 5	(095) 118-01-56, 118-19-90
Москва	Алина-Видеопроф-Сервис	109172, ул. Большие Каменщики, 19	(095) 912-90-13, 912-76-23
Москва	Алина-Видеопроф-Сервис	109280, Ослябинский пер., 3	(095) 275-78-21, 741-25-44
Москва	Алина-Видеопроф-Сервис	109172, Краснохолмская наб., 13/15, стр. 1	(095) 912-99-27, 912-98-75
Москва	Алина-Видеопроф-Сервис	109369, Новочеркасский б-р, 13	(095) 357-40-51, 356-61-54
Москва	Алина-Видеопроф-Сервис	103064, ул. Казакова, 13	(095) 261-90-12
Москва	Алина-Видеопроф-Сервис	103055, ул. Новослободская, 48/2	(095) 973-25-71
Архангельск	Архсервис-центр	163046, ул. Воскресенская, 85	(8162) 66-18-66
Астрахань	Марктех	414000, ул. Володарского, 12	(8512) 22-36-33, 39-43-92
Белгород	Союз-Сервис	308034, пр-т Ватутина, 5а	(0722) 25-34-00, 54-20-20
Братск	Лексика Электроникс	655708, ул. Пионерская, 23	(3953) 47-69-07, 45-13-67
Владимир	Электрон-Сервис	600022, ул. Ново-Ямская, 73	(0922) 24-08-19
Волгоград	Планета-Сервис и К	400107, ул. Рионская, 3	(8442) 39-62-38, 39-51-01
Волгоград	Радиотехника	400006, ул. Штеменко, 33	(8442) 77-15-12, 72-71-27
Волгоград	Мир Видео-1	400005, пр-т Ленина, 58/1	(8442) 34-41-36, 34-05-94
Волжский	Мир Видео-1	404127, ул. Дружбы, 21	(8443) 56-60-22
Воронеж	Орбита-Сервис	394030, ул. Донбасская, 1	(0732) 77-66-25
Воронеж	Радиоимпорт-Сервис	394052, ул. Матросова, 66	(0732) 76-96-00, 36-25-95
Екатеринбург	Сентри	620098, пр-т Космонавтов, 45	(3432) 35-86-02
Екатеринбург	Норд-Сервис	620057, ул. Донская, 31	(3432) 35-94-43, 34-24-37
Ижевск	ДС	426000, ул. Карла Маркса, 393	(3412) 43-16-42, 43-50-64
Иркутск	Эверест	664040, 15-й Советский пер., 2	(3952) 45-19-11, 53-12-92
Казань	Ай-Ти-Эс	420105, ул. Сакко и Ванцетти, 8	(8432) 92-59-62
Казань	Техника	420043, ул. Вишневского, 14	(8432) 38-31-37, 38-31-07
Калининград	Вестер-Сервис	236029, ул. Горького, 50	(0112) 27-34-32, 27-31-51
Калуга	Мастер-Сервис	248600, ул. Рылеева, 39 корп. 2	(0842) 56-18-21, 56-18-22
Киров	Экран-Сервис	610027, ул. Воровского, 43	(8332) 37-20-78, 67-00-98
Королев	Паллада	141070, ул. Фрунзе, 17	(095) 511-83-64
Кострома	Аксон Сервис	156603, ул. Станкостроительная, 5б	(0942) 22-05-12, 22-03-82
Красноярск	Интернационал Сервис	660062, ул. Вильского, 3	(3912) 45-33-05
Красноярск	Дон-ТВ Сервис	660025, ул. Железнодорожников, 11	(3912) 21-94-82, 36-67-09
Курган	ТВ-Сервис	640020, ул. Кирова, 83	(3522) 22-75-42, 22-34-43
Курск	Экран Сервис Лимитед	305001, ул. Добролюбова, 17	(0712) 56-00-51, 56-00-53
Липецк	СПС-Липецк	398600, Петровский пр-д, 1	(0742) 77-74-56, 77-38-76
Магадан	ВидеоСервис	685000, ул. Гагарина, 28в, оф. 64	(41322) 757-06
Нижний Новгород	Бытовая Автоматика	603086, б-р Мира, 16	(8312) 77-57-79
Нижний Новгород	Электроника	603005, ул. Алексеевская, 9	(8312) 19-41-08, 19-41-10
Нижний Новгород	Электроника	603016, ул. Лескова, 8	(8312) 59-46-20, 54-68-18
Новосибирск	Сонико-Н	630112, ул. Красина, 51	(3832) 77-76-96, 77-02-64
Новый Уренгой	Анкор	629300, ул. 26-го съезда КПСС, 10б	(34949) 461-45, 461-56
Ноябрьск	ТелеРадиоБытТехника	629807, Тюменская обл., ул. Городилова, 8	(34964) 512-38, 233-94
Обнинск	Радиотехника	249037, ул. Треугольная, 1	(08439) 644-14, 613-73
Омск	Сибтекс	644077, пр-т Мира, 47	(3812) 26-84-39, 26-84-41
Оренбург	КомИнКом	460052, ул. Брестская, 7	(3532) 62-68-88, 62-77-01

Город	Название	Адрес	Телефон
Орск	Аста-Сервис	462431, пр-т Ленина, 77	(35372) 173-97, 145-99
Пермь	ЛЭБТ	614077, б-р Гагарина, 58а	(3422) 90-34-00, 90-34-80
Псков	Фронда	180007, ул. Киселева, 16, оф. 21	(8112) 44-31-98, 44-61-98
Ростов-на-Дону	Элтех	344079, ул. Ленина, 63	(8632) 47-41-52, 62-52-68
Ростов-на-Дону	Софт-Сервис	344011, пер. Островского, 124	(8632) 99-30-60, 32-37-90
Ростов-на-Дону	ТВ-Сервис	344018, ул. Мечникова, 73д	(8632) 34-51-21
Рыбинск	Самсон	152900, ул. Ломоносова, 3	(0855) 20-14-04, 52-81-09
Рязань	Фаворит	390000, ул. Астраханская, 21, Дом Быта, комн. 112	(0912) 28-99-22
Рязань	Сервисный Центр	390011, Куйбышевское шоссе, 21	(0912) 44-63-17
Санкт-Петербург	РемСервис	190068, пр-д Римского-Корсакова, 37/15	(812) 327-05-79, 327-05-80
Санкт-Петербург	Сонико	191158, Московское шоссе, 16/1	(812) 126-53-89, 127-21-29
Санкт-Петербург	Курсор-Сервис	192283, Загребский б-р, 33/1	(812) 108-20-19, 101-73-97
Самара	Энон-Сервис	443090, ул. Советской Армии, 148	(8462) 24-07-40, 24-43-61
Самара	Мелодия-Сервис	443110, пр-т Ленина, 3	(8462) 36-90-92
Самара	Сервис-Центр	443096, ул. Мичурина, 15	(8462) 34-94-28, 34-94-63
Самара	Сервис-Центр	443096, пр-т Ленина, 14	(8462) 34-29-79
Самара	Сервис-Центр	443096, ул. Мориса Тереза, 13а	(8462) 16-88-54
Саранск	Видео-Сервис	430016, ул. Терешковой, 18а	(8342) 24-54-85
Саратов	Аэлита	410005, ул. Пугачевская, 157	(8452) 51-75-61
Саратов	Архипелаг 2002	410600, ул. Московская, 134/146	(8452) 51-66-33, 51-68-06
Сочи	Техинсервис	354000, ул. Юных Ленинцев, 1	(8622) 62-02-95
Таганрог	АСЦ Кристи	347900, ул. Фрунзе, 45	(8634) 46-47-54, 38-30-48
Тамбов	БВС-2000	392002, ул. Энгельса, 5	(0752) 75-17-18
Тобольск	Тюмень Импорт-Сервис	625456, ул. Ремезова, 3	(34511) 589-11
Томск	ДС	634034, ул. Учебная, 26	(3822) 42-74-50, 42-74-28
Томск	Спектр	634063, ул. С. Лазо, 15	(3822) 67-35-73, 67-33-55
Томск	Академия-Сервис	634055, Академический пр., 1, бл. А, оф. 204	(3822) 25-85-80, 25-98-08
Тюмень	Тюмень Импорт-Сервис	625026, ул. Мельникайте, 97	(3452) 22-35-31, 31-12-80
Тюмень	Аверс-Сервис	625007, ул. Мельникайте, 131а	(3452) 39-12-18, 39-12-29
Ульяновск	Мастер-Сервис	432017, ул. Минаева, 42	(8422) 32-07-33
Ульяновск	Апрель	432600, ул. Л. Толстого, 38	(8422) 32-78-89, 31-83-72
Уссурийск	Вега-Гарант	692508, ул. Советская, 29	(42341) 400-39, 210-35
Уфа	Альянс-Сервис	450104, ул. Российская, 21	(3472) 31-45-49, 35-58-31
Хабаровск	Контур-Сервис	680009, пр-т 60-летия Октября, 210	(4212) 72-85-02
Чебоксары	ВТИ-Сервис	428029, пр-т И. Яковлева, 4/2	(8352) 20-65-94, 20-64-64
Челябинск	Импорт-Сервис-Челябинск	454080, ул. Энтузиастов, 16	(3512) 34-04-95, 34-05-05
Челябинск	Импорт-Сервис-Челябинск	454070, ул. Гагарина, 8	(3512) 52-05-05
Челябинск	Импорт-Сервис-Челябинск	454075, ул. Комарова, 114	(3512) 72-66-00
Челябинск	Импорт-Сервис-Челябинск	454078, ул. Комаровского, 4	(3512) 61-05-49
Челябинск	РемБытТехника	454081, ул. Артиллерийская, 102	(3512) 72-72-28, 72-56-01

Информацию об авторизованных сервисных центрах в других регионах и о сервисных центрах наших торговых партнеров, Вы можете узнать у фирмы, продавшей Вам товар, на интернет-странице http://www.sharp.ru или по бесплатному междугороднему телефону 8-800-200-7427.

Уважаемый Покупатель!

Во избежание излишних проблем просим Вас внимательно ознакомиться с информацией, содержащейся в гарантийном талоне и инструкции по эксплуатации.

Настоящим Я подтверждаю, что приобрел данное изделие ШАРП пригодным к эксплуатации, в полном комплекте и с русской инструкцией по эксплуатации.

ФИО покупателя _____ Подпись_____

Информация о приобретении изделия

Модель	
Серийный номер	
Дата приобретения	
Цена	
Подпись Продавца / Печать	

Адрес Продавца

Продавец / Компания	
Улица	
Город	
Телефон	

Информация о Покупателе

ФИО	
Улица	
Город	
Телефон	

Журнал Гарантийных Работ

Дата приема изделия в ремонт	Дата выдачи изделия	Тип дефекта, описание ремонтных работ и использованные запасные части	Фамилия и подпись инженера, печать сервисного центра

WARNING

IMPORTANT SAFETY INSTRUCTIONS : READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

1. To reduce the risk of fire in the oven cavity:
   a. Do not overcook food.
   b. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
   c. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
   d. Look at the oven from time to time when food is heated in disposable containers made of plastic, paper or other combustible materials for signs of smoke or burning.
   e. If materials inside the oven should ignite, or smoke is observed, keep oven door closed, turn oven off, and disconnect the power plug, or shut off power at the fuse or circuit breaker panel.
2. To reduce the risk of an explosion or delayed eruptive boiling when handling the container.
   Your microwave oven is capable of heating food and beverages very quickly therefore, it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.
   Additionally:
   a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
   b. Do not use excessive amount of time.
   c. When boiling liquids in the oven, use a wide-mouthed container.
   d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
   e. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.
3. This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.
   It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.
4. Never operate the oven whilst any object is caught or jammed between the door and the oven.
5. Do not try to adjust or repair the oven yourself.
   It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. Especially those which involve the removal of a cover which gives protection against exposure to microwave energy are very hazardous.
6. Do not operate the oven if it is not working correctly or damaged until it has been repaired by a qualified service technician trained by SHARP. It is particularly important that the oven door closes properly and that there is no damage to:
   (1) Door (warped), (2) Hinges and Latches (broken or loosened), (3) Door Seals, Sealing Surfaces and oven cavity (buckled or deformed), (4) Burn marks on the door seal faces.
7. Do not bump, or catch utensils, loose clothes and your accessories on the door safety latches when removing food from the oven.
8. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
9. Never tamper with or deactivate the door safety latches.
10. Always use oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
11. Should the power supply cord become damaged, it must be replaced with a special cord supplied by a SERVICE CENTRE APPROVED BY SHARP. And it must be replaced by a qualified service technician trained by SHARP in order to avoid a hazard.
12. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
13. Avoid steam burns by directing steam away from the face and hands.
    Slowly lift the furthest edge of a dish's cover including microwave plastic wrap etc., and carefully open popcorn and oven cooking bags away from the face.
14. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
15. To prevent the turntable from breaking:
    a. Before cleaning the turntable with water, leave the turntable to cool.
    b. Do not place anything hot on a cold turntable.
    c. Do not place anything cold on a hot turntable.
16. Do not place anything on the outer cabinet.
17. Do not store food or any other items inside the oven.
18. Make sure the utensil does not touch the interior walls during cooking.
19. Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
20. This appliance is not intended for use by young children or infirm persons without supervision.
21. Young children should be supervised to ensure that they do not play with the appliance.

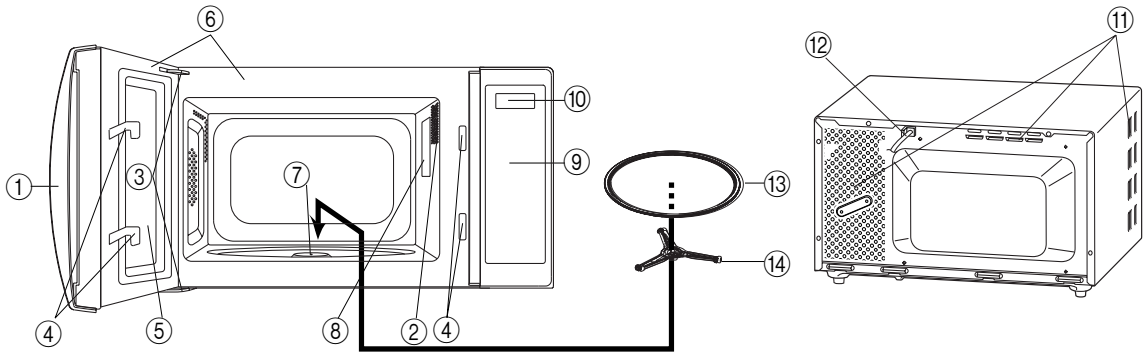
SPECIAL NOTES AND WARNING

	DO	DON'T
Eggs, fruits, nuts, seeds, vegetables, sausages and oysters	* Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes.	* Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Cook hard/soft boiled eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	* Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds.	* Pop popcorn in regular brown bags or glass bowls. * Exceed maximum time on popcorn package.
Baby food	* Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and teat before warming baby bottles. After warming shake thoroughly. Check for suitable temperature.	* Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	* Food with filling should be cut after heating, to release steam and avoid burns. * Use a deep bowl when cooking liquids or cereals to prevent boiling over.	* Heat or cook in closed glass jars or airtight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers. * Operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity.
Liquids (Beverages)	* For boiling or cooking liquids see WARNING on page E-1 to prevent explosion and delayed eruptive boiling.	* Heat for longer than recommended time.
Canned foods	* Remove food from can.	* Heat or cook food while in cans.
Sausage rolls, Pies, Christmas pudding	* Cook for the recommended time. (These foods have high sugar and/or fat contents.)	* Overcook as they may catch fire.
Meats	* For microwave cooking, use a microwave proof roasting rack to collect drained juices. Roasting rack:	* Place meat directly on the turntable for cooking.
Utensils	* Check the utensils are suitable for MICROWAVE cooking before you use them.	* Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	* Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls.	* Use too much. * Shield food close to cavity walls. Sparking can damage the cavity.
Browning dish	* Place a suitable insulator such as a microwave and heat proof dinner plate between the turntable and the browning dish.	* Exceed the preheating time recommended by the manufacturer. Excessive preheating can cause the glass turntable to shatter and/or damage internal parts of the oven.

INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity, **(do not remove the waveguide cover)**, and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a SERVICE CENTRE APPROVED BY SHARP and repaired, if necessary.
2. Accessories provided
   1) Turntable tray
   2) Roller stay
   3) Operation manual
   4) Cook book
3. Place the roller stay in the coupling on the oven floor, then place the turntable on to the roller stay, ensuring it is located firmly. Refer to OVEN DIAGRAM below. NEVER OPERATE THE OVEN WITHOUT THE ROLLER STAY AND TURNTABLE.
4. The oven should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. The oven should be installed so as not to block ventilation openings.
   Allow at least 15 cm on the top of the oven for adequate air circulation.
5. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure.
   The A.C. voltage must be single phase 220V, 50Hz, with a minimum 10A distribution line fuse, or a minimum 10A distribution circuit breaker.
6. **THIS APPLIANCE MUST BE EARTHED.**

OVEN DIAGRAM



1. Door open handle
2. Oven lamp
3. Door hinges
4. Door safety latches
5. See through door
6. Door seals and sealing surfaces
7. Coupling
8. Waveguide cover (Do not remove)
9. Control panel (See page E-4)
10. Liquid crystal display
11. Ventilation openings
12. Power supply cord
13. Turntable
14. Roller stay

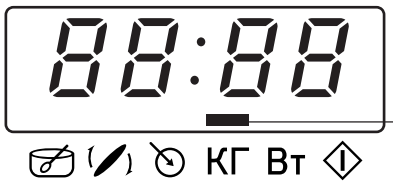
OPERATION OF CONTROL PANEL

The operation of the oven is controlled by pressing the appropriate buttons arranged on the surface of the control panel.

An entry signal tone should be heard each time you press the control panel to make a correct entry.

In addition the oven will beep for approximately 2 seconds at the end of the cooking cycle, or 4 times when cooking procedure is required.

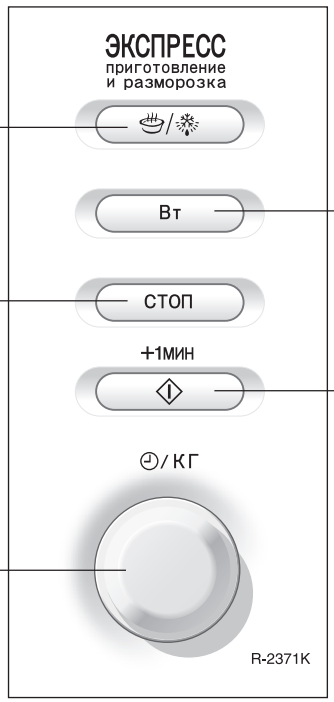
Control Panel Display



Indicators

: STIR
: TURN
: ADD
КГ : KG
Вт : POWER LEVEL
: COOK

Control Panel Layout



EXPRESS COOK & DEFROST BUTTON
Press to select the Russian Menu/Express Cook/Express Defrost menu.

STOP BUTTON
- Press to clear during programming.
- Press once to stop operation of oven during cooking; Press twice to cancel cooking programme.

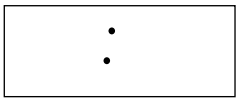
TIMER/WEIGHT KNOB
Rotate to enter cooking times or weight of food.

POWER LEVEL BUTTON
Press to select microwave power setting. If not pressed, HIGH POWER is automatically selected.

START/+1MIN BUTTON
- Press to start oven after setting programmes.
- Press once to cook for 1 minute at HIGH POWER or increase by 1 minute multiples each time this button is pressed during cooking.

BEFORE OPERATING

Getting Started

Step	Procedure	Operation	Display
1	Plug the oven into a power point. Ensure the oven door is closed.		 Flashing eights
2	Press the STOP button so that the oven beeps.		 Only the dots will remain.

Stop/Clear

Press the STOP button once to:
1. Stop the oven temporarily during cooking.
2. Clear if you make a mistake during programming.

To Cancel a Programme During Cooking

Press the STOP button twice.

MANUAL OPERATIONS

Microwave Time Cooking

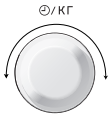
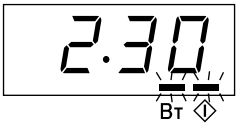
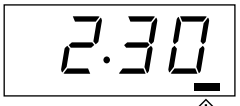
This is a manual cooking feature, first enter the cooking time then the power level.
You can programme up to 90 minutes, 00 seconds. The input unit of cooking (defrosting) time varies from 10 seconds to five minutes. It depends on the total length of the cooking (defrosting) time as shown on the table. There are five different power levels.

Cooking time	Increasing unit
0 - 5 minutes	10 seconds
5 - 10 minutes	30 seconds
10 - 30 minutes	1 minute
30 - 90 minutes	5 minutes

Power level / Approximate percentage of microwave power	LOW 10%	M•LOW 30%	MEDIUM 50%	M•HIGH 70%	HIGH 100%
Display	10P	30P	50P	70P	100P
Examples of foods typically cooked on microwave oven power level	Keeping food warm	Defrost Softening butter	Casseroles Seafood	Cakes Muffins Slices	Fruit Vegetable Rice/Pasta

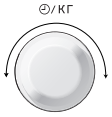
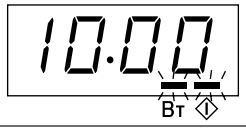
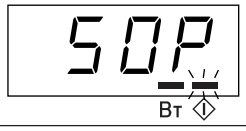
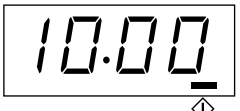
This variable cooking control allows you to select the rate of microwave cooking.
If a power level is not selected, then HIGH power is automatically used.

*Suppose you want to cook vegetables for 2 minutes 30 seconds on HIGH power.

Step	Procedure	Operation	Display
1	Enter desired cooking time.		
2	Press the START/+1MIN button.		 The timer begins to count down.

To lower the power press the POWER LEVEL button until desired power level is displayed.

* Suppose you want to cook Fish Fillets for 10 minutes on MEDIUM power.

Step	Procedure	Operation	Display
1	Enter desired cooking time.		
2	Select power level by pressing the POWER LEVEL button as required (for MEDIUM press three times).	x 3	
3	Press the START/+1MIN button.		 The timer begins to count down.

You can rotate the TIMER/WEIGHT knob clockwise or counterclockwise. If you rotate the knob counterclockwise, the cooking time will decrease from 90 minutes by degrees. If the door is opened during cooking process, the cooking time in the readout automatically stops. The cooking time starts to count down again when the door is closed and the START/+1MIN button is pressed.

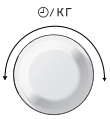
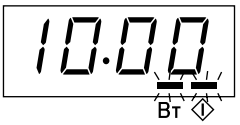
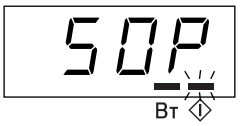
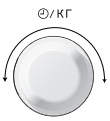
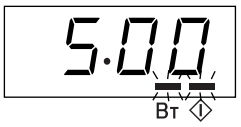
If you wish to know the power level during cooking, press the POWER LEVEL button. As long as your finger is touching the POWER LEVEL button, the power level will be displayed.

If more than 20 minutes on HIGH power is entered, the microwave power will be reduced after 20 minutes to avoid overheating.

Sequence Cooking

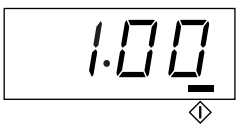
Your oven can be programmed with up to 3 automatic cooking sequences, automatically switching from one variable power setting to the next.

* Suppose you want to cook for 10 minutes on MEDIUM power followed by 5 minutes on HIGH power.

Step	Procedure	Operation	Display
1	Enter desired cooking time.		
2	Select power level by pressing the POWER LEVEL button (for MEDIUM press three times).	x 3	
3	For second sequence, enter desired cooking time. (If power is not selected the oven will operate at HIGH power).		
4	Press the START/+1MIN button.		The timer begins to count down. When it reaches zero, the second sequence will appear and the timer will begin to count down again.

Minute Plus

For your convenience Minute Plus allows you to easily cook for one minute on HIGH power.

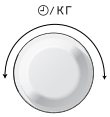
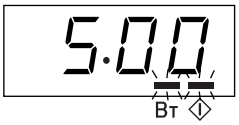
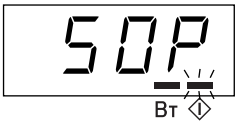
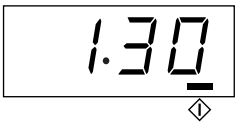
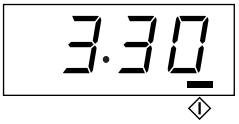
Step	Procedure	Operation	Display
1	Press the START/+1MIN button. (Within 3 minutes of closing the door.)		 The timer begins to count down.

Press the START/+1MIN button until desired time is displayed.
Each time the button is pressed, the cooking time is increased by 1 minute.

Increasing Time During the Cooking Programme

Cooking time can be added during a manual cooking programme using the START/+1MIN button.

* Suppose you want to increase the cooking time by 2 minutes during 5 minutes on MEDIUM power. (at the moment the remaining cooking time is 1 min. 30 sec.)

Step	Procedure	Operation	Display
1	Enter desired cooking time.		
2	Select power level by pressing the POWER LEVEL button (for MEDIUM press three times).	Вт x 3	
3	Press the START/+1MIN button.	+1МИН	The timer starts to count down. 
4	Press the START/+1MIN button twice to increase the cooking time by two minutes.	+1МИН x 2	 The timer keeps on counting down.

AUTOMATIC OPERATIONS

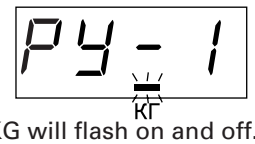
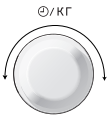
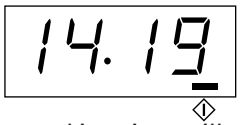
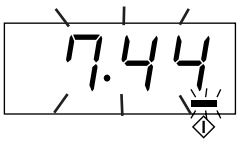
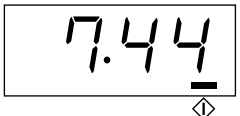
Notes for Automatic Operations

1. When using the automatic features, carefully follow the instructions provided in each Menu Guide to achieve the best result.
   If the instructions are not followed carefully, the food may be overcooked or undercooked.
2. Food weighing more or less than the quantity or weight listed in each Menu Guide, cook manually.
3. The final cooking result will vary according to the food condition (e.g. initial temperature, shape, quality). Check the food after cooking and if necessary continue cooking manually.
4. To defrost foods above or below the weights allowed on the EXPRESS DEFROST MENU GUIDE, defrost manually.
5. When entering the weight of the food, round off the weight to the nearest 0.1kg(100g). For example, 0.35kg would become 0.4kg.

Russian Menu/Express Cook/Express Defrost

Russian Menu/Express Cook/Express Defrost will automatically compute the microwave power and cooking/defrosting time.
Follow the instructions provided in the Menu Guide on page E-10-12.

* Suppose you want to cook 0.5 kg of Boiled Potato.

Step	Procedure	Operation	Display
1	Press the Express Cook & Defrost button until the desired menu number is displayed (for Boiled Potato press once).	x 1	 KG will flash on and off.
2	Rotate the TIMER/WEIGHT knob until the desired weight is displayed.		
3	Press the START/+1MIN button.		 The cooking time will begin counting down. When a 4 times "beep" sound is heard, the oven stops. STIR will flash on and off.
4	Open the door. Rearrange. Close the door.		
5	Press the START/+1MIN button.		 The cooking time will continue counting down. When it reaches zero, the oven will "beep".

Russian Menu Menu Guide

Button	Menu	Weight (KG)	Procedure
X1	**RU-1** **Boiled Potato**	0.3 - 1.0 kg (Initial temp 20˚C)	• Peel the potatoes and cut them into similar sized pieces. • Put the potato into a casserole. Add 2 tbsp water per 100 g and a little salt. • Cover with a glass lid. • When the oven stops, rearrange the potato, cover and continue to cook. • After cooking, let the potatoes stand covered for 2 minutes.
X2	**RU-2** **Boiled Potato (Puree)**	0.3 - 1.0 kg (Initial temp 20˚C)	• Peel the potatoes and cut them into similar sized small pieces. • Put the potato into a casserole. Add 2 tbsp water per 100 g and a little salt. • Cover with a glass lid. • When the oven stops, rearrange the potato, cover and continue to cook. • After cooking, let the potatoes stand covered for 2 minutes. Mash potatoes.
X3	**RU-3** **Pelmeny Boiled (Thick type)**	0.1 - 0.5 kg (Initial temp pelmeny -18˚C, water 20˚C)	• Put the required water in a suitable sized casserole. For 100 g, 400 ml water. For 300 g, 700 ml water. For 500 g, 1000 ml water. • Heat water uncovered. • When the oven stops, add frozen pelmeny in a casserole, stir and continue to cook. • When the oven stops again, rearrange the pelmeny and continue to cook. • After cooking, let stand for 2-5 minutes.
X4	**RU-4** **Pelmeny Boiled (Thin type)**	0.1 - 0.5 kg (Initial temp pelmeny -18˚C, water 20˚C)	• Put the required water in a suitable sized casserole. For 100 g, 400 ml water. For 300 g, 700 ml water. For 500 g, 1000 ml water. • Heat water uncovered. • When the oven stops, add frozen pelmeny in a casserole, stir and continue to cook. • When the oven stops again, rearrange the pelmeny and continue to cook.
X5	**RU-5** **Vareniki Boiled**	0.1 - 0.5 kg (Initial temp vareniki -18˚C, water 20˚C)	• Put the required water in a suitable sized casserole. For 100 g, 400 ml water. For 300 g, 700 ml water. For 500 g, 1000 ml water. • Heat water uncovered. • When the oven stops, add frozen vareniki and a little salt in a casserole, stir and continue to cook. • When the oven stops again, rearrange the vareniki and continue to cook.

Express Cook Menu Guide

Button	Menu	Weight (KG)	Procedure
X6	**EC-1** **Frozen Vegetables** e.g. Brussel sprouts, green beans, peas, mixed vegetables, broccoli	0.1 - 0.6 kg (100 g) (Initial temp -18˚C)	• Put the required water in a suitable sized bowl. • Add 1 tbsp water per 100 g and salt as desired. (For mushrooms no additional water is necessary). • Cover with a glass lid. • When the oven stops, stir and continue to cook. • After cooking, let stand covered for approx. 2 minutes. **NOTE:** If frozen vegetables are compacted together, cook manually.
X7	**EC-2** **Fresh Vegetables**	0.1 - 0.6 kg (100 g) (Initial temp 20˚C)	• Cut into small pieces, eg. strips, cubes or slices. • Put the vegetables in a suitable sized bowl. • Add 1 tbsp water per 100 g and salt as desired. (For mushrooms no additional water is necessary). • Cover with a glass lid. • When the oven stops, stir and continue to cook. • After cooking, let stand covered for approx. 2 minutes.
X8	**EC-3** **Rice** e.g. parboiled rice, Patna rice	0.1 - 0.3 kg (100 g) (Initial temp 20˚C)	• Put the required water in a suitable sized bowl. For 100 g, 250 ml water. For 200 g, 450 ml water. For 300 g, 650 ml water. • Cover with a glass lid. • When the oven stops, stir and continue to cook. • After cooking, let stand covered for approx. 5-10 minutes.
X9	**EC-4** **Fish fillet with sauce**	0.4 - 1.2 kg* (100 g) (Initial temp fish 5˚C , sauce 20˚C)	• See recipes for Fish Fillet with Sauce on page E-13 * Total weight of all ingredients.
X10	**EC-5** **Gratin**	0.5 - 1.0 kg* (100 g) (Initial temp 20˚C)	• See recipes for Gratin on page E-13 * Total weight of all ingredients.

Express Defrost Menu Guide

Button	Menu	Weight (KG)	Procedure
X11	**Ed-1 Steaks and Chops**	0.2 - 0.8 kg (100 g) (Initial temp -18˚C)	• Place the food in a flan dish in the centre of the turntable. • When the oven stops, turn the food over, rearrange and separate. Shield thin parts and warm spots with small pieces of aluminium foil. Continue to defrost. • After defrosting, wrap in aluminium foil for 10 - 15 minutes, until thoroughly defrosted.
X12	**Ed-2 Minced Meat**	0.2 - 0.8 kg (100 g) (Initial temp -18˚C)	• Place the block of minced meat in a flan dish in the centre of the turntable. • When the oven stops, turn the food over. Remove the defrosted parts if possible. Continue to defrost. • After defrosting, cover with aluminium foil, stand for 5 - 10 minutes, until thoroughly defrosted.
X13	**Ed-3 Poultry**	0.9 - 1.5 kg (100 g) (Initial temp -18˚C)	• Place the poultry in a flan dish in the centre of the turntable. • When the oven stops, turn over and shield thin parts and warm spots with small pieces of aluminium foil. Continue to defrost. • After defrosting, rinse with cold water, cover with aluminium foil and stand for 15 - 30 minutes until thoroughly defrosted. • Finally clean the poultry under running water.

NOTE:
1. Steaks and Chops should be frozen in one layer.
2. Minced meat should be frozen in a thin shape.
3. After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
4. The poultry should be processed immediately after defrosting.

Recipes for Express Cook

FISH FILLET WITH SAUCE (EC-4)
Fish fillet with piquant sauce

Ingredients

0.4 kg	0.8 kg	1.2 kg	
140 g	280 g	420 g	canned tomatoes (drained)
40 g	80 g	120 g	corn
4 g	8 g	12 g	chilli sauce
12 g	24 g	36 g	onion (finely chopped)
1 tsp	1-2 tsp	2 tsp	red wine vinegar mustard, thyme, cayenne pepper
200 g	400 g	600 g	fish fillet
			salt

Preparation

1. Mix ingredients for the sauce.
2. Place the fish fillet (e.g. Rosefish fillet) in a round gratin dish with the thin ends toward the centre and sprinkle with salt.
3. Mix a sauce from tomatoes, corn, chilli sauce, onion, vinegar and spices and spread the sauce on the fish fillet.
4. Cover with microwave foil and cook on EXPRESS COOK EC-4, "Fish Fillet with Sauce".
5. After cooking, let stand covered for approx. 2 minutes.

FISH FILLET WITH SAUCE (EC-4)
Fish fillet with curry sauce

Ingredients

0.4 kg	0.8 kg	1.2 kg	
200 g	400 g	600 g	fish fillet
			salt
40 g	80 g	120 g	banana (sliced)
160 g	320 g	480 g	ready-made curry sauce

Preparation

1. Place the fish fillet in a round gratin dish with the thin ends toward the centre and sprinkle with salt.
2. Spread the banana and the ready-made curry sauce on the fish fillet.
3. Cover with microwave foil and cook on EXPRESS COOK EC-4, "Fish Fillet with Sauce".
4. After cooking, let stand covered for approx. 2 minutes.

GRATIN (EC-5)
Fish fillet with piquant sauce

Ingredients

0.5 kg	1.0 kg	
5 g	10 g	butter or margarine (to grease the dish)
150 g	300 g	leaf spinach (defrosted, drained)
15 g	30 g	onion (finely chopped)
		salt, pepper, nutmeg
150 g	300 g	boiled potatoes (sliced)
35 g	75 g	cooked ham (diced)
50 g	100 g	créme fraîche
1	2	eggs
40 g	75 g	rated cheese
		paprika powder

Preparation

1. Mix together the drained leaf spinach with the onion and season with salt, pepper and nutmeg.
2. Grease the gratin dish.
3. Place alternate layers of potato slices, diced ham and spinach in the dish. The top layer should be spinach.
4. Mix the eggs with créme fraîche, add salt and pepper and pour over the vegetables.
5. Cover the gratin with the grated cheese, sprinkle with paprika powder and cook on EXPRESS COOK EC-5, "Gratin".
6. After cooking, let stand for 5 minutes.

GRATIN (EC-5)
Potato-courgette-gratin

Ingredients

0.5 kg	1.0 kg	
5 g	10 g	butter or margarine (to grease the dish)
200 g	400 g	potatoes (sliced) (fresh or boiled)
115 g	230 g	courgette (finely sliced)
75 g	150 g	créme fraîche
1	2	eggs
$^1/_2$	1	clove of garlic (crushed)
		salt, pepper
40 g	80 g	feta cheese (diced)
10 g	20 g	sunflower kernel
		paprika powder

Preparation

1. Grease the gratin dish and place alternate layers of potato slices and courgette in the dish.
2. Mix the eggs with crème fraîche, season with salt, pepper and garlic and pour over the vegetables.
3. Crumble the feta cheese and sprinkle over the gratin.
4. Finally sprinkle the gratin with sunflower kernel and paprika powder and cook on EXPRESS COOK EC-5, "Gratin".
5. After cooking, let stand for 5 minutes.

CARE AND CLEANING

Disconnect the power supply cord before cleaning or leave the door open to inactivate the oven during cleaning.

CLEAN THE OVEN AT REGULAR INTERVALS - Keep the oven clean and remove any food deposits, or it could lead to deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Exterior:
The outside may be cleaned with mild soap and warm water, wipe clean with a damp cloth. Avoid the use of harsh abrasive cleaners. Keep the ventilation openings and power supply plug free of dust.

Door:
Wipe the door and window on both sides, the door seals and adjacent parts frequently with a damp cloth to remove any spills or spatters. Do not use abrasive cleaners.

Control Panel:
Wipe the panel with a cloth dampened slightly with water only.
Do not scrub or use any sort of chemical cleaners. Avoid the use of excess water.

Interior walls:
To clean the interior surfaces, wipe with a soft cloth and warm water. After use wipe the waveguide cover in the oven with a soft damp cloth to remove any food splashes. Built-up splashes may overheat and begin to smoke or catch fire. Do not remove the waveguide cover. DO NOT USE A COMMERCIAL OVEN CLEANER, ABRASIVE OR HARSH CLEANERS AND SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. NEVER SPRAY OVEN CLEANERS DIRECTLY ONTO ANY PART OF YOUR OVEN.
Avoid using excess water. After cleaning the oven, ensure any water is removed with a soft cloth.

Turntable/Roller Stay:
Wash with mild soapy water and dry thoroughly.

SERVICE CALL CHECK

Check the following before calling service:

1. Does the display light up? YES _____ NO _____
2. Place one cup of water (approx. 250 ml) in a glass measuring cup in the oven and close the door securely.
   Programme the oven for two minutes on HIGH. At this moment:
   A. Does the oven lamp come on? YES _____ NO _____
   B. Does the cooling fan work? YES _____ NO _____
   (Put your hand over the rear ventilation openings.)
   C. Does the turntable rotate? YES _____ NO _____
   (The turntable can rotate clockwise or counterclockwise. This is quite normal.)
   D Does COOK indicator light up? YES _____ NO _____
   E. After two minutes, did an audible signal sound and COOK indicator go off? YES _____ NO _____
   F. Is the water inside the oven hot? YES _____ NO _____

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box. If both the wall socket and the fuse are functioning properly, CONTACT YOUR NEAREST SERVICE CENTER APPROVED BY SHARP.

NOTE: If you cook the food over 20 minutes on HIGH power, the microwave power will be automatically reduced to avoid overcooking.

SPECIFICATIONS

AC Line Voltage	:	Single phase 220V, 50Hz
Distribution line fuse/circuit breaker	:	Minimum 10A
AC Power Required	:	1.23 kW
Output Power	:	800 W* (IEC test procedure)
Microwave Frequency	:	2450 MHz (class B/Group 2)**
Outside Dimensions	:	460mm(W) x 275mm(H) x 380mm(D)
Cavity Dimensions	:	319mm(W) x 211mm(H) x 336mm(D)***
Oven Capacity	:	22 liters (0.8 cu.ft)***
Cooking Uniformity	:	Turntable (ø272mm tray) system
Weight	:	Approx. 12 kg

* This measurement is based on the International Electrotechnical Commission's standardised method for measuring output power.
** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.
*** Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.